

Carbon County Senior Center

What You Should Know About Heart Failure

Part 2

How to Follow a Low-Sodium Diet

Step 1:

Stop Adding Salt to Food

To accomplish this step, try the following tips:

- Take the salt shaker off of the table.
- Do not add salt when cooking.

You can reduce your sodium intake by as much as 30 percent by following the first two tips. People often say that food tastes bland without salt. You can make foods taste good without salt by trying the following tips:

- Experiment with low-or no-salt herbs, spices, and seasoning mixes. Try using seasonings like black, cayenne, or lemon pepper. Dried and fresh herbs such as garlic, garlic or onion powder (not salt), dill, parsley, and rosemary are also naturally very low in sodium.

Combination spice mixes in a bottle are great as long as sodium or salt is not one of the ingredients.

- Sprinkle fresh lemon juice over vegetables and salads. Season or marinate meat, poultry, and fish ahead of time with onion, garlic, and your favorite herbs before cooking to bring out the flavor.
- Avoid spices and seasoning mixes with the word salt or sodium in the name. They will be high in sodium. For example, just a teaspoon of a seasoned salt such as garlic salt or celery salt contains about 1,500mg of sodium.

It can be fun learning new ways to eat. There are many salt-free seasoning mixes in your supermarket. Look in the spice section for

seasonings labeled “salt-free”.

Step 2:

Adapt Your Preferred Foods to Low-Sodium Versions

To do this, try these tips:

- Consider getting a low-salt cookbook. You can find excellent low-salt cookbooks at your local library. You can also buy one at a bookstore or on the Internet. After getting used to low-sodium eating, you will be able to adapt your favorite recipes to low-sodium versions. For example, if you like soup, make your own low-sodium version with fresh meat and vegetables. Toss the ingredients into a slow cooker, and use herbs and spices for seasonings. Make extra and freeze some for later meals.

- Use low-sodium substitutes for foods that you like.

For example, prepare a fresh lean pork roast instead of a country ham. You can cook fresh chicken, turkey, roast beef, or pork without adding salt and use the meats for sandwich meats. Use fresh lettuce, tomato, and onion for flavoring.

- Look for low-sodium versions of the foods you like. Many types of canned goods are now available in low-sodium versions. Look for canned foods labeled sodium-free, no-salt, low-sodium, light in sodium, very low-sodium, reduced-sodium, less-sodium, or unsalted. You can also remove some sodium from canned foods by rinsing them. Keep in mind that this does not remove all of the salt.
- Select low-sodium cheeses or yogurt when making sauces.

Step 3:

Pick Foods Naturally Low in Sodium

To accomplish this step, try following tips:

- Choose fresh foods. Fresh fruits & vegetables including freshly squeezed fruit & vegetable juices have very little sodium. The same is true for fresh meat, poultry, & fish. Generally, you can eat as much fresh food as you want without counting the sodium content. So, think fresh when choosing foods.
- If you are not eating fresh foods, choose other low-sodium foods as much as possible.

Step 4:

Learn to Read Food Labels

By reading food labels, you can learn which foods are high and low in sodium. As a rule, most processed foods whether they are frozen, canned, or boxed, are high in sodium. For example, most frozen dinners, frozen snack foods such as pizza rolls and egg rolls, canned vegetables, and instant hot cereals are high in sodium and should be

avoided. But not all processed foods are high in sodium. Some packaged foods are available in low-or no-salt versions. Sometimes it is hard to know what to eat. The only way to know for sure is to read the food label. It is especially important to read the labels of processed foods or any foods with which you are unfamiliar.

Reading a Food Label for Sodium Content

1. Begin by reviewing the serving size and sodium content information. See the bold areas on the sample label on page 3.

The serving size for the food on the example label is 5 oz. (ounces). The sodium content for that serving is 440 mg.

2. If you eat the same sized serving as the one listed on the label, then you are eating the amount of sodium that is listed.
3. But if the amount you actually eat is either larger or smaller, the amount of sodium you will be eating will also be larger or smaller.

For example, if you eat a double portion of the food shown on the label, you will also be eating twice as much sodium as listed on the label.

| | |
|--|----------------------|
| Nutrition Facts | |
| Serving Size 5 oz | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 440mg | 19% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 4% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 80% - Vitamin C 60% | |
| Calcium 4% - Iron 4% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs. | |

A 10 oz. serving of the food would contain 880mg of sodium.

Other Tips to Help You Get Started

It can be difficult to change your eating habits. It may take weeks before you enjoy the taste of low-sodium foods, but your taste buds will adjust. Eventually you may not even miss the salt.

The tips listed below can help you get off to a good start:

- Make changes slowly instead of all at once.

- Adapt things you like to eat so they are lower in sodium, rather than trying to totally change your diet.

- Keep a list of low-sodium foods in the kitchen. The refrigerator is a good spot.

- Learn which foods are high-sodium, and do not buy them. That way you will not be tempted to eat them

- When picking entrees or main

food items, no more than one food item should have more than 500 mg of sodium. Think about it this way—if your doctor or nurse recommended that you eat 2,000 mg of sodium in a day, 500 mg is one-fourth of your daily amount.

- Make a list of the amount of sodium you eat with each meal for a few days.

Tracking the Sodium in Your Diet

To find out how much sodium you are eating, keep a record of everything you eat and drink for four days. Do not forget to include snacks. If you don't know the sodium content of a particular food, write down the food anyway. Your doctor or dietitian will work with you to estimate the sodium content.

Add up the amount of sodium you ate each day. If you find that you ate more than 2,000-3,000 mg of sodium each day, look at each item on the list to figure out which foods caused the trouble. Think about where you might be able to cut down on sodium.

You can also review the list of what you ate with your doctor, or dietitian to find out how your sodium intake compares to what is best for you.

| | |
|---------------------------------------|---------------------------------|
| East Carbon | |
| Classes & Activities | Day & Time |
| The Four Tune O's | 1st & 3rd Monday 11:30am |
| Lunch | Daily (Mon –Fri) 12:30pm |
| Bingo | Wed, 1:30pm |
| Blood Pressure | 1st & 3rd Weds of month 10:30am |
| Shopping in Price | Friday 1:30pm |
| Billiards | Daily During Business Hours |
| Exercise Class | Tues & Thurs 11:30 a.m. |
| Walking (when weather permits) | Daily 7 a.m. |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | | 1 | 2 | 3 | | |
| | | | 4 | | | 2 | | |
| | | | | | 9 | | 4 | |
| | | | | | | | 7 | 9 |
| 1 | | | 8 | | 3 | | | 5 |
| 8 | 6 | | | | | | | |
| | 4 | | 1 | | | | | |
| | | 5 | | | 4 | | | |
| | | 8 | 2 | 5 | | | | 7 |

| CLINICS | ACTIVITIES | CLASSES | EXERCISE | MUSIC | GROUPS |
|---------|---|--|---|---|--|
| MON | Blood Pressure 2nd & 4th Monday at 10:00a / | Billiards daily 8a-4p Shopping Fresh Market 1p Shopping 2nd Mon Wal-mart 1p | Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a | Exercise Gym open daily 8a-4p | Some Mondays "Music of the Heart" |
| Page 5 | | | | | |
| TUE | Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p | Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a | Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a | The Four Tune O's 1st & 3rd Tues 11:30a / | |
| WED | Billiards daily 8a-4p Bingo 1p | Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p | Exercise Gym open daily 8a-4p | Melody Five at 11:30a | |
| THU | On going Daily Activities: Subject to Change with out Notice Computer Class: Call Center for info 636-3202 | Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p | Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a | James (Jimmy)Eaquito 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a | Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Carbon County Historical Society last |
| FRI | Free Hearing & Hearing Aid Checks 2nd Fri. at 12:45pm | Billiards daily 8a-4p Bowling at Country Lanes 1p | Computer Lab Open Daily 8a-4p Exercise Gym open daily 8a-4p | | |

Diabetes and the Eye

Timothy L. Byers, M.D., Ph.D.

Jeffrey Hansen, M.D.

The leading cause of preventable blindness in the United States is diabetes. Diabetes affects the blood vessels of the back of the eye. These blood vessels become abnormal and leak or new blood vessels can grow which are not normal. It is possible for people to get bleeding into the eye, retinal detachments, and other problems because of the abnormal blood vessels.

One of the great advances in modern medicine is the use of lasers to treat the eye problems associated with diabetes. If the blood vessels begin to get leaky or if new blood vessels begin to grow, it is possible to put some laser treatment into the back of the eye and usually prevent the blinding complication of diabetes.

The problem is that usually these abnormal blood vessels don't cause any problems until it's too late. Since people don't have symptoms or problems with their vision, they think that everything is okay and they don't get regular exams.

The only way to tell if a person is developing problems with diabetes in the back of their eye, is for a medical

doctor to dilate the eyes and look in the back. The people who get into trouble are people who don't go see their medical doctor because they don't feel like their vision is being affected by their diabetes.

If I look in the back of the eye and I see someone who is having difficulty with diabetes, whether or not they're having symptoms, I might suggest laser treatment to prevent the serious complications of diabetes.

Everyone who has diabetes should have their eyes checked once a year to prevent these serious complications. It's one of the most important things that they can do to maintain their eye health when they have diabetes. If you or anyone you know has diabetes, be sure to remind them to get an exam every year by a medical doctor who specializes in eye disease. It is the best way to preserve their eye health.

Dr. Byers and Dr. Hansen are medical doctors specializing in diseases and surgery of the eyes. If you have any questions that you would like addressed in future issues or questions about your own eye health, please call 637-8689.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 4 | 7 | 1 | 2 | 3 | 5 | 6 |
| 5 | 3 | 7 | 4 | 6 | 8 | 2 | 9 | 1 |
| 6 | 2 | 1 | 5 | 3 | 9 | 7 | 4 | 8 |
| 4 | 5 | 3 | 6 | 2 | 1 | 8 | 7 | 9 |
| 1 | 7 | 9 | 8 | 4 | 3 | 6 | 2 | 5 |
| 8 | 6 | 2 | 9 | 7 | 5 | 1 | 3 | 4 |
| 2 | 4 | 6 | 1 | 9 | 7 | 5 | 8 | 3 |
| 7 | 1 | 5 | 3 | 8 | 4 | 9 | 6 | 2 |
| 3 | 9 | 8 | 2 | 5 | 6 | 4 | 1 | 7 |

Social Security Online Services

* Convenient * Secure *

www.socialsecurity.gov

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- Apply for retirement, spouse's or disability benefits
 - Use our benefit planners and calculators
 - Request a Medicare replacement card and apply for "Extra Help" with the prescription drug program
 - Sign up or change your direct deposit
 - Change your address or phone number, if you receive benefits
 - Get help understanding your Social Security Statement or request one
 - Get information in 15 foreign languages

- Sign up for E-mail updates



Automated Telephone Services

1-800-772-1213

- Get a Social Security card application
 - Get proof of your benefit amount
 - Replace your Medicare card
 - Change your address or telephone numbers, if you receive benefits
 - Make changes to your direct deposit
 - Locate your nearest field office
 - Listen to informational messages
 - Request your Social Security Statement
-

PICNIC

JUNE 8, 2010

North Spring Shooting Range



UTAH SENIOR LEGAL HELPLINE

The Utah Senior Legal Helpline is a toll-free, state wide, legal information, advice and referral service for Utah residents age 60 and older.

Do you have a legal question or problem?

Call the helpline at:

1-800-662-1772

You can receive free, confidential legal advice and referrals Monday through Friday, 9:00a.m. to 2:00 p.m.

The helpline provides free legal information, advice and referrals on a variety of civil legal topics including, but not limited to:

- Public benefits
- Housing
- Consumer
- Estate planning
- Elder Abuse

The Helpline is a Utah Legal Services program made possible by a grant from the Federal Administration on Aging

April Senior Bowling

High Scores

Evelyn Pretiger 132

May Marchello 150

Katie Eaquinto 157

John Polito 144

Elnora Clark 174

Bill Minnick 230

Henry Smith 167

Dora Smith 172

Earline Jenkins 160

Jake Leyba 169

Tonie Leyba 187

Don King 164

Mary Lou Steele 178

Tom Bowers 164

Nora Aragon 88

Doug Hintze 210

Pat Modes 142

Juan Medina 169

Helen Zavala 161

Del VanWagoner 215

Rusty VanWagoner 125

Rose Craven 147

Strike Pot

Doug Hintze

Helen Zavala

Del Vanwagoner

Elnora Clark

Carolyn Oman

Juan Medina

Dora Smith

High Scores

Tonie Leyba 195-109-174=478

Elnora Clark 161-174-145=480

Helen Zavala 162-152-109=423

Del VanWagoner 177-215-212=604

Doug Hintze 163-208-210=581

Earline Jenkins 153-160-143=456

Bill Minnick 201-180-182=563

Splits

Bill Minnick 4-5 & 5-7

Don King 5-6 & 4-5

Tonie Leyba 4-5 & 5-6

Katie Eaquinto 4-5 & 5-6

Juan Medina 5-7

Elnora Clark 5-6 & 4-5

Doug Hintze 5-6 / 4-5 / 5-7

John Polito 5-10 & 5-7

Del VanWagoner 4-5 & 5-10

Jake Leyba 5-7

Nora Aragon 4-5

Helen Zavala 5-6 & 4-5

May Marchello 4-5

Dora Smith 4-5 & 5-6

Dear Seniors,

First of all, I want to wish the father's a very **Happy Father's Day!**

May was a very busy month. On May 4th we had TantaLisa Clayton, a representative from Utah Legal Services, here to answer legal questions and give information regarding legal benefits available to seniors. A special toll free number has been set up to give legal information, advice and referrals to Utah residents age 60 and older. Please take a look at more information within this newsletter.

We had our yard/bake/craft sale on the 15th and it was huge success. I want to thank everyone for their generosity both in donation of "stuff" but even more important was your donation of time. We simply could not accomplish our goals and plans without the support of the seniors. You're GREAT!

Next, we had the "Shred Event." This was the first time for this activity. What a great way to get rid of all those papers and documents we no longer need but don't want to put in the trash can. Not only do we de-clutter our home, we also put all that paper into a place for recycling. I'm hoping this will become an annual event. I will keep you posted.

Then we had our final dance in the old building. What a great evening. Again, I want to thank "Music of the Heart" (Neldon Huff, Tom Berryman, Tom Smith and Ed Burnham) and the dance committee (Annette Huff, Nana Beth Davis and Crystal Gill) for all they do to make our dances a success. If you've never been to one of our dances I want to encourage you to attend the next one. They are always a fun evening, but now you'll have to wait until we get moved into our new building.

And speaking of the new building we are still on schedule to move in sometime during the first week in August. I can not adequately express how excited I am. At one of the meetings with the construction company and others intimately involved in the project, I told them they needed to hurry because I was running out of duct tape. Everyone had a good laugh. But I am very anxious for the completion of the building and our move.

Finally, I want to remind everyone about our picnic at the North Springs Shooting Range. This will be the third year we've traveled to the shooting range for our picnic. Each year has been lots of fun. Scott Olsen, the Range Master, is a great host and always provides a shooting exhibition and some good humor. I hope to see you there!

May God bless you,

Debby

Thoughts to consider:

Believe that there's a light at the end of the tunnel. Believe that you might be that light for someone else. — Kobi Yamada

Each of us stands alone in this vast world, momentarily bathed in a ray of sunlight. And suddenly it's night. If you stand together with me, we can share the sunrise. — Quasimodo